

Teen Meditation to Believe in Yourself

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Meditation for Teens

This is a meditation for those of you between the ages of 13 and 19...

This session will guide you to relax, and fully believe in yourself.

Have a seat on the ground with your legs crossed, and your spine straight, or you can be sitting in a chair, just make sure you keep your posture tall and dignified during this session.

If you would like to lay down and fully relax, that's fine too.

You can do this meditation in different positions to see what's best for you.

Let's begin by acknowledging something that is keeping you alive since the very beginning of your life, oxygen.

Breathing is the most important thing we do, we cannot go for longer than 2 minutes or so without breath, yet most of us do not even notice we are breathing all day.

So, let's honor our breath now by taking 5 deep and full breaths together in a moment, letting each breath fill you with energy, and each time you exhale, allow yourself to feel deeply relaxed.

Take 5 significant and purposeful breaths.

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1 fully inhale.... expanding your belly and chest as much as you can.

Holding it for a moment...

And exhale.... feeling a wave of relaxation sweep over you...

2 inhale.... filling your entire breathing system with fresh oxygen.

Hold it...

And exhale.... the wave of relaxation gently sweeping over you...

3 inhale.... so that you are brimming with air.

Holding it..... soaking in oxygen...

And exhale.... your body relaxes in different areas, without any effort...

4 fully inhale.... feeling these breaths purifying your entire body...

Exhaling.... just notice how you are feeling..

And 5.... a beautiful breath coming in....hold it, feeling invigorated from oxygen...

And exhale.... allowing relaxation to sweep over you...

Take note of how you feel at this very moment.

You now have an abundance of oxygen. This is how we are created to feel.

Breathing deeply and fully is an expression of self-compassion.

Let your breath flow naturally now, and notice how you feel.

Good.

Return your focus on your spine.

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Is it straight, radiating confidence in yourself?

Make your posture tall and proud, lifting your head high.

If you haven't done so already, allow your eyes to gently close, and feel a nice relaxation in your eyelids when you do so.

This relaxation in your eyelids is so comforting, that you let it grow and begin to fill your entire body with calmness.

Become aware of your head now. Just notice your eyes.....and ears....what sounds can you hear?....now notice your nose and can you feel the air gently coming in?.....now notice your mouth, and chin.

Let your awareness go down your neck, and shoulders, down each arm, and all the way to the tip of each finger.

Become aware of your lungs now, expanding and contracting.

And notice your heart beating strongly.

Notice your belly, and hips.

All the way down each leg, to notice your feet and each toe.

Take another nice deep breath in and let a smile come across your face.

Bring into your mind a memory when you were laughing.

It could be a memory from long ago, or a funny moment that happened recently.

Just let the feeling of laughter and joy rise in your body as it comes into your mind.

Vividly see yourself laughing.

Now hear yourself saying,

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“When I laugh, I am calm and relaxed.

Whenever I am in a stressful time, it is helpful for me to smile even just a little and remember that this stress shall pass on by.

When I breathe deeply and focus on a time when I was laughing, I can bring the feeling of happiness and joy, back to the very moment of now.

I am an important addition to this world.

I accomplish things in my own time.

I am worthy and I deserve goodness.

When I relax, I can focus.

I don't have to worry about what I will be, because I already am.”

(pause)

Vividly see yourself now accomplishing all that you want to do.

See this in as much detail as you can.

The more details you can add to your imagination of yourself achieving goals, the better.

(pause)

Very good.

Now whenever you are ready to come back to the present moment, take a nice deep refreshing breath, feeling energized and ready to accomplish your goals.

Open your eyes to see the beautiful world that's yours to explore.

